

SWEET & SOUR RABBIT

½ lb. lean, boneless rabbit, cut into 1" or smaller cubes

1 tsp. dry sherry ¼ tsp. salt
Dash black pepper Oil for frying

½ c. carrots, peeled & sliced 1 red onion, cut in 1" chunks

1 each: small green, yellow & red pepper, cut into 1" cubes

½ c. canned pineapple chunks, well drained

Batter:

1 Tbs. beaten egg + water to make ½ c. ½ c. all-purpose flour ½ c. cornstarch ½ tsp. baking powder

1 tsp. oil (canola, corn or peanut)

Sauce:

3/4 c. sugar2/3 c. water1/3 c. ketchup1/2 c. cider vinegar1 Tbs. light soy sauce1/4 tsp. salt

 $3\frac{1}{2}$ Tbs. cornstarch + $\frac{1}{3}$ c. water



Marinate rabbit in refrigerator in mixture of very dry sherry, soy sauce and McCormick's meat marinade for 1-3 days. Stir together marinated rabbit, sherry, salt & pepper and set aside.

Combine the batter ingredients in a mixing bowl and beat with a wooden spoon until they make a smooth paste. In a wok or stir-fry pan, heat 2" of oil to a temperature of 375-400E. Dip the meat into the batter to coat completely and place in the hot oil, 1 piece at a time. Fry until light golden brown, then remove with wire skimmer and drain. Transfer meat to 325E oven to keep warm (for no more than 10 minutes)

RED SAUCE: combine sugar, ketchup, soy sauce, salt & water in a 2-qt. saucepan. Bring to a boil & add vinegar. When the liquid comes back to a boil, stir in the cornstarch-and-water solution and cook until thickened.

Parboil carrots for 1 minute. Add peppers & onion and blanch for less than a minute. Don't let the water come back to a boil or peppers will be too soft. Drain & rinse in cold water. Add pineapple, then red sauce, & add 1 tablespoon of hot oil from the deep fry pan to give the sauce a shine. Pour sauce over meat & serve immediately.